

SESSION AND MEET TIMES

2011 RGC JUDGES INVITE

SUNDAY, DEC. 11, 2011

SESSION 1 LEVEL 4 (64 GYMNASTS)

GYM OPEN: 8:30AM

STRETCH 8:45-9:00AM

START 9:00 AM (ONE TOUCH PUSH)

AWARDS: 12:30

SESSION 2 LEVEL 5-6 (58 GYMNASTS)

GYM OPEN: 1:00PM

STRETCH 1:15-1:30PM

TIMED WARM UP: 1:30-2:30PM

START: 2:30PM

AWARDS: 5:00PM